

# NO EQUIPMENT

## Exercise Program For the 50 PLUS



*Vintage  
Fitness*

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## No Equipment Exercise Program for the 50+

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### Introduction

Vintage Fitness is an at home personal training company that specializes in energizing the lives of people over 50 with exercise. We work across the Greater Toronto Area. Please visit [www.vintagefitness.ca](http://www.vintagefitness.ca) for more information.

This e-book provides ten exercise programs developed by the 50+ fitness experts at Vintage Fitness that can be easily done at home or in your condo gym with minimal equipment. They are developed with the 50+ client in mind and are focused on different areas:

1. Leg Strengthening
2. Core (abdominals and lower back) Strengthening
3. Upper Body
4. Balance
5. Brain Health
6. Hip Mobility
7. Arm Strength
8. Cardio (Heart Health)
9. Improved Posture
10. Yoga for the balance challenged

If you would like a personalized program with a Vintage Fitness personal trainer or just have a few questions, drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca) or call Erin at (416) 951-7978.

### Special Offer

[Click here](#) for a free 30 minute consultation with a Vintage Fitness personal trainer.

IMPORTANT: Use coupon code: **VFNOEBK**

### Exercise Program One: Leg strengthening

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the first week of a ten week blog series filled with exercise pictures and videos. The focus this week is on leg strengthening. There are pictures as well as videos for each exercise. If you have questions drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca)

#### Chair Squat.



Try 10-15.

#### *Video*

<https://www.youtube.com/watch?v=L3Ymd50DmUw>

### Stair Climb.



Check out the video for proper technique. Try 15.

#### *Video*

<https://www.youtube.com/watch?v=T93iVJpm4mk>

### Inner Thigh Strengthening.



Try 8-10. Most people have weak inner thighs which can cause knee pain.

*Video*

<https://www.youtube.com/watch?v=hTxjsFXYSQM>

### Exercise Program Two: Core strength

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the second week of a ten week blog series filled with exercise pictures and videos. The focus this week is on core strength. There are pictures as well as videos for each exercise. If you have questions drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca)

If you are not able to do exercises from the floor email me or give me a call 416-951-7978 and I will send you a core program that is seated.

#### Bridge

This is a great exercise to strength the muscles of your gluts (buttocks) and eases pain in the lower back.





Try 10-12 reps

*Video*

[https://www.youtube.com/watch?v=byzAXt\\_8Ra0](https://www.youtube.com/watch?v=byzAXt_8Ra0)

### Plank (from knees or toes)

If you feel any lower back discomfort when you do this exercise try it from the knees and make sure that your hips are not sagging down.



Try holding from 30-45 seconds.

*Video*

<https://www.youtube.com/watch?v=h0roaAm9Zcs>

### Bird/Dog

This exercise is great for the muscles that support your spine, your balance and your brain health.



Try 8-10 on either side.

#### *Video*

[https://www.youtube.com/watch?v=WiHFJfc\\_e1E](https://www.youtube.com/watch?v=WiHFJfc_e1E)

### Ball Push

This is a way to train your core without having to go down to the floor. You can use a dollar store soft ball.



#### *Video*

[https://www.youtube.com/watch?v=PjpJW0\\_fdYk](https://www.youtube.com/watch?v=PjpJW0_fdYk)

### Exercise Program Three: Upper Body Strength

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the third week of a ten week blog series filled with exercise pictures and videos. The focus this week is on upper body strength. There are pictures as well as videos for each exercise. If you have questions drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca)

#### Wall/counter push up



**Benefits of this exercise:** Strengthens the pushing muscles of the chest

**Tips:** The counter push is more difficult than the wall push up. If you have shoulder issues make sure you keep your hands just wider than your shoulders.

Do it 10 times.

#### *Video*

<https://www.youtube.com/watch?v=QcBdWThx6uE>

### Back Pull



**Benefits of this exercise:** Upper back strength and chest stretch

**Tips:** Keep your shoulders relaxed and pull the band to your chest

Do 8-12 reps

*Video*

<https://www.youtube.com/watch?v=6vkJuShSbDc>

### Bicep curl



**Benefits of this exercise:** Builds arm strength for lifting and carrying

**Tips:** Stand Tall and use the upper arms to lift instead of “rocking” up using your hips.

Do it 10 times.

### Tricep Overhead extension with the band



**Benefits of the exercise:** Strengthens the triceps and stretches the shoulder

**Tips:** Relax your shoulders and keep your core tight

Do 8-12 reps each side

*Video*

<https://www.youtube.com/watch?v=u5ulzKw-8MI>

## Exercise Program Four: Balance

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the fourth week of a ten week blog series filled with exercise pictures and videos. The focus this week is on balance. There are pictures as well as videos for each exercise. If you have questions drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca)

### Toy Solider



Walk like a toy soldier extending your right leg and arm out straight in front of you. Keep your back straight and leg long to get a stretch in the back of your leg.

Do it for 2 minutes

*Video*

<https://www.youtube.com/watch?v=2cUttHKn4mo>

### **Biceps with balance**



Using small hand weights, water bottles or cans of soup curl the 'weights' up while holding one leg up with the knee bent to 90 degrees.

Do 5 with the right leg up and 5 with the left leg up. Repeat twice.

*Video*

<https://www.youtube.com/watch?v=W-XkBXeu3OY>



### Walk the line



Walk in a straight line with one foot directly in front of the other as you walk. (heels will touch the toes of the opposite foot as you walk).

Do it for 2 minutes

#### *Video*

<https://www.youtube.com/watch?v=rIha2d2DCCI>

### Bird/Dog



This is a balance exercise that is done on the floor. If you find it hard to get down to the floor do this exercise standing near a wall extending opposite arm and leg out and then switching.

Do it 10 times each side; repeat twice.

#### *Video*

[https://www.youtube.com/watch?v=WiHFJfc\\_e1E](https://www.youtube.com/watch?v=WiHFJfc_e1E)

### Exercise Program Five: Brian Health

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the fifth week of a ten-week blog series filled with exercise pictures and videos. The focus this week is on brain health. According to [a study done by the Department of Exercise Science at the University of Georgia](#), even briefly exercising for 20 minutes facilitates information processing and memory functions. (brainhq.com). Cardiovascular exercise, doing exercises that move opposite sides of the body (eg left leg and right arm) as well as cross lateral movements are especially good for brain health.

There are pictures as well as videos for each exercise. If you have questions drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca)

#### Bird/Dog



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Line your hands up underneath your shoulders and your knees up underneath your hips. Keep your hips square to the mat as you extend your left arm and right leg and then switch sides. This exercise is great for balance and brain health.

Do it 10 times each side; repeat twice.

### *Video*

[https://www.youtube.com/watch?v=WiHFJfc\\_e1E](https://www.youtube.com/watch?v=WiHFJfc_e1E)

### **Walk for 20-30 minutes outside**



There are a few simple ways to make your walks outside more stimulating to your brain

- Buddy interviews- chat with a friend
- Mindful observation
- Walk in formations. You can ask everyone to walk in a pattern, such as a snake (single file), circle, contra lines (people in two parallel lines face one another, then walk forward to cross between one another)

Do it for 20 minutes

### Toy Solider



Walk like a toy solider extending your right leg and arm out straight in front of you. Keep your back straight and leg long to get a stretch in the back of your leg. Trying to work out the co-ordination to do this move will keep your brain working.

Do it for 2 minutes

#### *Video*

<https://www.youtube.com/watch?v=2cUttHKn4mo>

### Draw your sword



Make sure that you cross the mid-line of the body with this exercise and keep your shoulders relaxed.

Do it 10 times on either side

#### *Video*

<https://youtu.be/2cUttHKn4mo>

### Exercise Program Six: Hip Mobility

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the sixth week of a ten week blog series filled with exercise pictures and tips. The focus this week is on hip mobility. Opening up your hips will help to take the pressure off your lower back and reduce the chance of a lower back injury.

If you have questions drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca)

#### Side kicks:



A good exercise to warm up the hips and strengthen the muscles on the outside of the hip.

Do this exercise 10 times on either side.

### Deep hip stretch:



Sit up tall when you do this stretch and sit at the front of your chair. You should feel it in the outside of the hip.

Hold the stretch for one minute.

#### *Video*

<https://www.youtube.com/watch?v=8qsAltyS3gc>



### Warrior One:



This is a yoga pose that has been modified by adding a chair in front for extra balance support. Make sure that you take a big enough step forward so that your front foot lines up over your ankle.

Hold this pose for 1-2 minutes

#### *Video*

<https://www.youtube.com/watch?v=Nr-ZX3zAh6s&feature=youtu.be>

### Knees to Chest:



This stretch helps to release tension in the lower back and hips. A good stretch to do before you get out of bed in the morning.

Hold for one minute.

#### *Video*

<https://youtu.be/W0gQYr9RY7Y>

### Hip open and close:



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Gently open and close your leg in this pose to dynamically stretch your hip. If you have any sharp pain stop the stretch.

Do this exercise 10 times on either side

### *Video*

<https://youtu.be/F1XfjDUhjSc>

### Exercise Program Seven: Arm Strength and Toning

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the seventh week of a ten week blog series filled with exercise pictures and tips. The focus this week is on arm strength and toning. Many of our at home personal training clients are concerned with what they describe as flabby arms as they have gotten older. These exercises will help to develop strength for lifting and carrying as well as tone your arms.

If you have questions drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca)

#### Bicep Curl:



A good exercise to strengthen the muscles on the front of the arm (biceps). You can use cans or a water bottle if you don't have hand weights.

Do this exercise 10 times on either side.

#### Video

[https://youtube.com/watch?v=BPf1\\_t4mH7Q](https://youtube.com/watch?v=BPf1_t4mH7Q)

### Tricep Kick Back:



Keep your back straight as you bend your body forward. You should feel it at the back of the arm.

Do this exercise 10 times.

#### *Video*

[https://youtu.be/Nq2obl42\\_w](https://youtu.be/Nq2obl42_w)

### Grip Strength:



Working on grip strength will make opening bottles and using kitchen tools such as the can opener much easier. Any soft ball would work here.

Do this exercise 10 times.

#### *Video*

<https://youtu.be/PjGyKJA1pw>

### Overhead Extension:



This exercise will tone and strengthen the back of your arms as well as stretching your shoulders.

Do this exercise 10 times.

#### *Video*

<https://www.youtube.com/watch?v=u5ulzKw-8MI>

### Exercise Program Eight: Heart Health

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the eighth week of a ten week blog series filled with exercise pictures and tips. The focus this week is on cardiovascular exercises that are great for the heart, balance and can be done at home on days that it is too cold or rainy to get out for your walk. . These exercises are all low impact buy some of them involve getting down on the floor. If this is too intense for you drop me a note [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca) and I will send through some modified exercises.

#### Toy Solider



### Benefits of the exercise:

Develops stamina, stretches hamstrings and is good for brain health

### Tips:

- Keep a tall spine
- Lift the leg to hip height if you can
- Do this exercise for 2 minutes

### Video

<https://www.youtube.com/watch?v=2cUttHKn4mo>

### Low impact burpees



### Benefits of the exercise:

Builds stamina, agility and chest strength

### Tips

- Take your time doing this exercise
- Take a big enough step forward that you don't feel knee strain
- Do 6 reps

### Video:

[https://www.youtube.com/watch?v=5dGiYKngF\\_4](https://www.youtube.com/watch?v=5dGiYKngF_4)



### Lunges



#### Benefits of the exercise:

Builds leg strength, burns calories and develops balance

#### Tips:

- Do close to a wall in case you lose your balance
- Keep the chest and head lifted during this exercise
- Aim for a 90 degree angle in both of the knees
- Do 8 reps

#### Video

<https://www.youtube.com/watch?v=z9ITGhT64sM>

### Low impact jacks



#### Benefits of this exercise:

Develops heart health, co-ordination and shoulder mobility

#### Tips:

- Step as oppose to jumping wide
- Keep the core contracted to protect the lower back
- Do the exercise 15 times

#### Video

<https://www.youtube.com/watch?v=C0RXcpYRLLE>

### Exercise Program Nine: Better Posture

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the ninth week of a ten week blog series filled with exercise pictures and tips. The focus this week is on exercises that stretch the chest and strengthen the back to improve posture. Standing taller makes you look trimmer, reduces pain in the neck and shoulders and keeps you more balanced.

#### Back Row



#### Benefits of the exercise:

Strengthens the upper and mid back

#### Tips:

- Keep a tall spine
- Keep the shoulders relaxed
- Do this exercise 10 times

#### Video

<https://www.youtube.com/watch?v=tkWVF3OZVLs>

### Chest and shoulder stretch



#### Benefits of the exercise:

Reduces tension in the chest and shoulders which helps to combat slouched shoulders

#### Tips:

- Only lift your arms to the level that your shoulders can stay against the wall
- Keep the shoulders relaxed
- Hold the stretch for 1 minute

#### Video

[https://www.youtube.com/watch?v=A6Yt\\_IIOiag](https://www.youtube.com/watch?v=A6Yt_IIOiag)

### Neck Stretch



#### Benefits of the exercise:

Eases tension and tightness in the neck

#### Tips:

- Look towards you opposite armpit
- Adjust the angle of your head until you find the areas of tension
- Hold the stretch for 1 minute

#### Video

<https://www.youtube.com/watch?v=LPrfj2z-1-c>

### Exercise Program Ten: Yoga for the balance challenged

Vintage Fitness is an in home personal training company which inspires movement in the 50+ in Toronto. If you live out of the Toronto area check out our on-line offering Spirit 50 ([www.spirit50.com](http://www.spirit50.com))

Clients often ask us for easy exercises which are appropriate for someone over 50 that require minimal equipment which they can do at home or in their condo gym.

This is the last week of a ten week blog series filled with exercise pictures and tips. The focus this week is on yoga poses for the balanced challenged. Many Vintage Fitness clients want the flexibility gains that yoga can offer but don't want to go down to the floor and feel unsteady in many standing

#### Warrior One



#### Benefits of the exercise:

Flexibility in the hips which will help to ease low back pain

#### Tips:

- Place your back heel at a 45 degree angle
- Keep the shoulders relaxed
- Your hips point forwards
- Do this exercise 10 times

#### Video

<https://www.youtube.com/watch?v=Nr-ZX3zAh6s>

### Warrior Two



#### Benefits of the exercise:

Strengthens the legs and stretches the hips

#### Tips:

- Your back foot should be at 90 degrees
- Keep the shoulders relaxed
- Hold the stretch for 1 minute

#### Video

<https://youtu.be/gSmyTLqJEcc>

### Childs pose (desk version)



#### Benefits of the exercise:

Eases tension and tightness in the neck and upper back

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### **Tips:**

- Reach as far forward with your hands as you can
- Relax your shoulders
- Hold the stretch for 1 minute

### *Video*

<https://www.youtube.com/watch?v=8mcoyKg7fDc>



### Your Feedback Appreciated

If you have any feedback send it to us at [erin@vintagefitness.ca](mailto:erin@vintagefitness.ca).

If you've enjoyed our book please leave us a review on [Google+](#) (if you have a GMail / Google account) or on [Facebook](#) (if you have a Facebook Account).

### Special Offer

[Click here](#) for a free 30 minute consultation with a Vintage Fitness personal trainer.

IMPORTANT: Use coupon code: **VFNOEBK**

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### Publisher

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